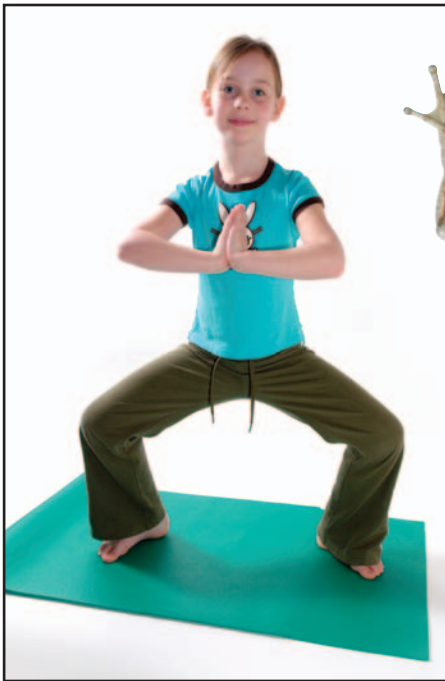


You Can Do Yoga

Yoga is a practice that started many years ago as a way to exercise and calm down. Today, people all over the world do yoga to keep their bodies healthy and minds calm. Yoga is a group of poses. A pose is a way to stretch, balance, or rest. The names of yoga poses describe the animal or thing they look like. There are poses called cat, camel, mountain, and wheel. Can you try yoga?



Frog Pose

Frogs have strong legs that help them jump high!

Stand tall with your feet together. Step your feet apart and point your toes out. Slowly squat down. Bring your hands together in front of your chest.



Lotus Stretch

This stretch is a great way to warm up your body for yoga stretches.

Sit down on your mat with your legs crossed. Put your left hand down on your mat and stretch your right hand up over your head. Slowly bend to the left and reach your right hand over your ear. Breathe and stretch your right side. Remember to stretch the other side, too!

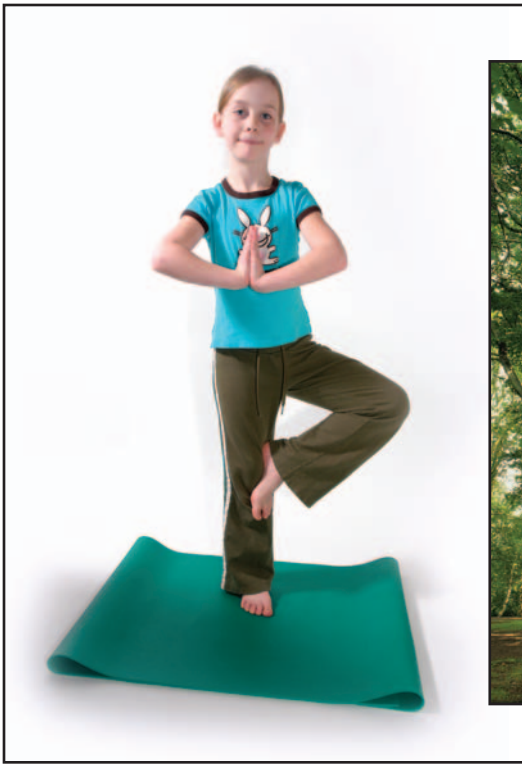


Downward Dog Pose

Dogs are good at yoga stretches!

Start on your hands and knees. Tuck your toes under and lift your knees from the mat. Straighten your arms and legs so your body is in a "V". Press your heels down. Bark like a dog!





Tree Pose

A tree has roots that grow down into the ground and branches that grow up toward the sky.

Stand tall with your feet together. Bring your hands together in front of your chest. Slowly start to lift your right leg up, so the bottom of your foot touches the inside of your left leg. Imagine that you are a tall tree!



Lie down on your tummy and keep your legs straight, arms at your sides, chin resting on the mat. Reach back with your arms, lift your chest from the mat, and look up. Keep looking forward. Now lift your legs up from the mat.



Stretch: a type of exercise that helps loosen your muscles.

Balance: holding the body so that both sides are equal

Flexibility: being able to bend your body in many different ways

Namaste (nah-mah-STAY): a greeting that means “May the light in me, greet the light in you”

Boat Pose

A canoe is a boat with a curved bottom. You can paddle it down a river.

